SHAMANIC JOURNEY
Weekend Workshop
December 9–11, 2005

From ancient times most societies have had shamans and medicine women who functioned as messengers between the spirit world and the physical world. They travel in the realms of consciousness that others only know of through dreams. The word shaman means, "to know." With the assistance of animal or nature spirits, the shaman learns to go beyond time and space, to experience states of consciousness that exist independent of his or her perception of it and gather information.

Many people feel a desire to explore other levels of reality through shamanic traditions, but the tribal support systems are no longer available in the way they once were.

The *Shamanic Journey Workshop* creates a safe, step-by-step process of experiencing some of the shamanic traditions for gathering power and exploring dreamtime.

In this weekend program, you will be guided to:

- Utilize sound to energize mind and body
- Expand awareness into dreamtime
- Trance drum
- Use smudging in creating energy shielding
- Communicate with your power animal ally
- Create a medicine bag with symbolic power objects
- Use quartz crystals to store, amplify, and direct energy
- Experience transcendent union with nature
- Experience another lifetime in a shamanic tradition
- Design your own personal symbolic shield